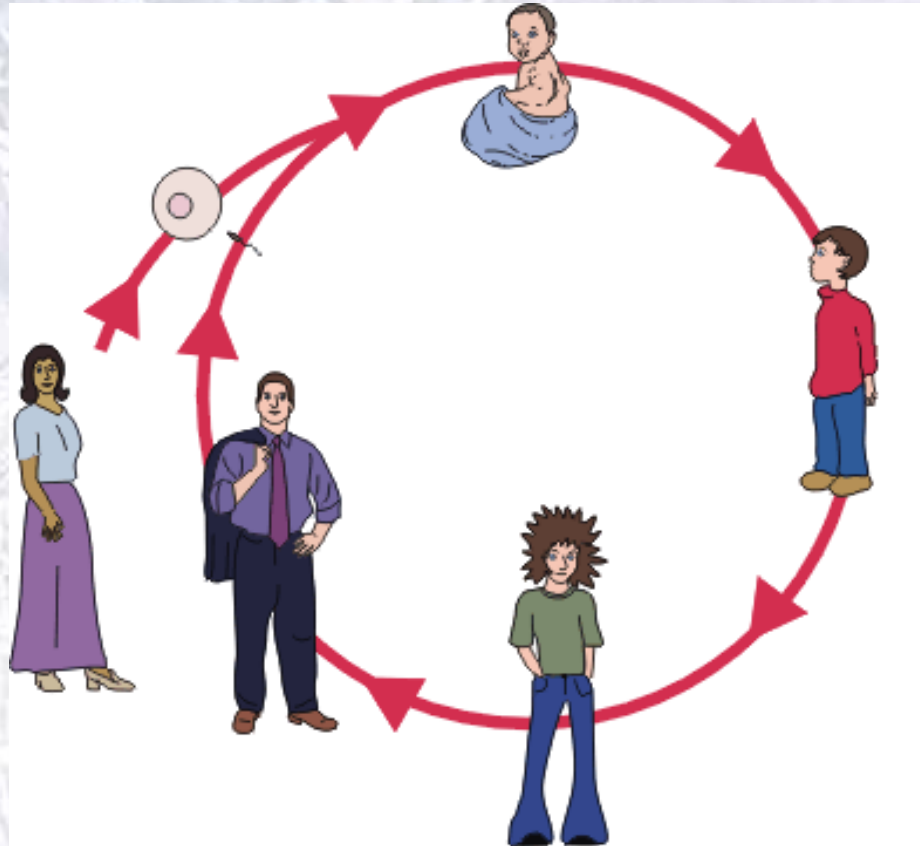


Feeding the future- window of opportunity for youth



Professor Elaine Rush
AUT University

Prenatal

At National Women's Hospital in 2008
gestational diabetes was diagnosed in
over

16%

Indian one in six!

10%

Other Asian

6%

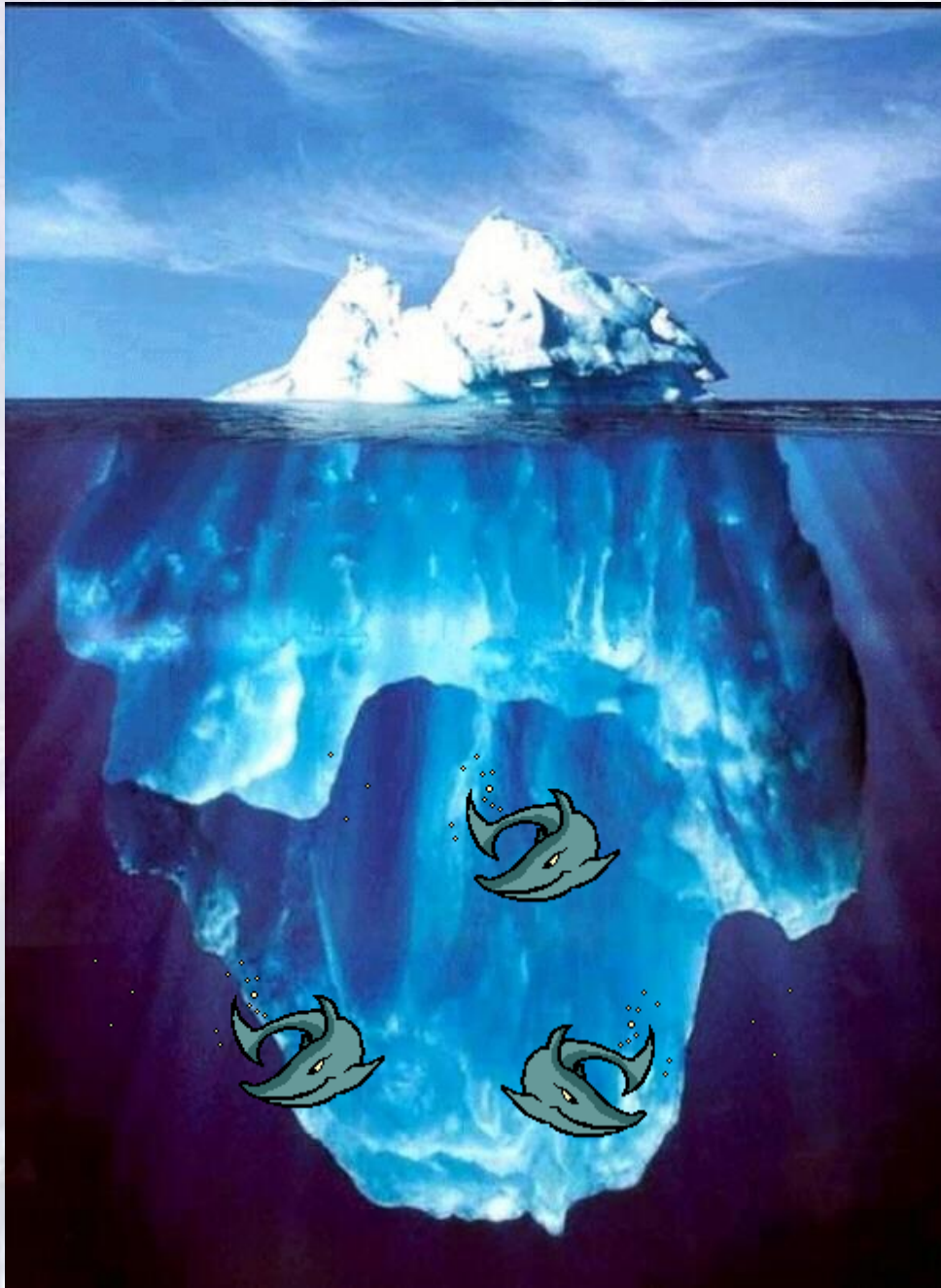
Pacific and Maori

3%

European

pregnancies that were screened

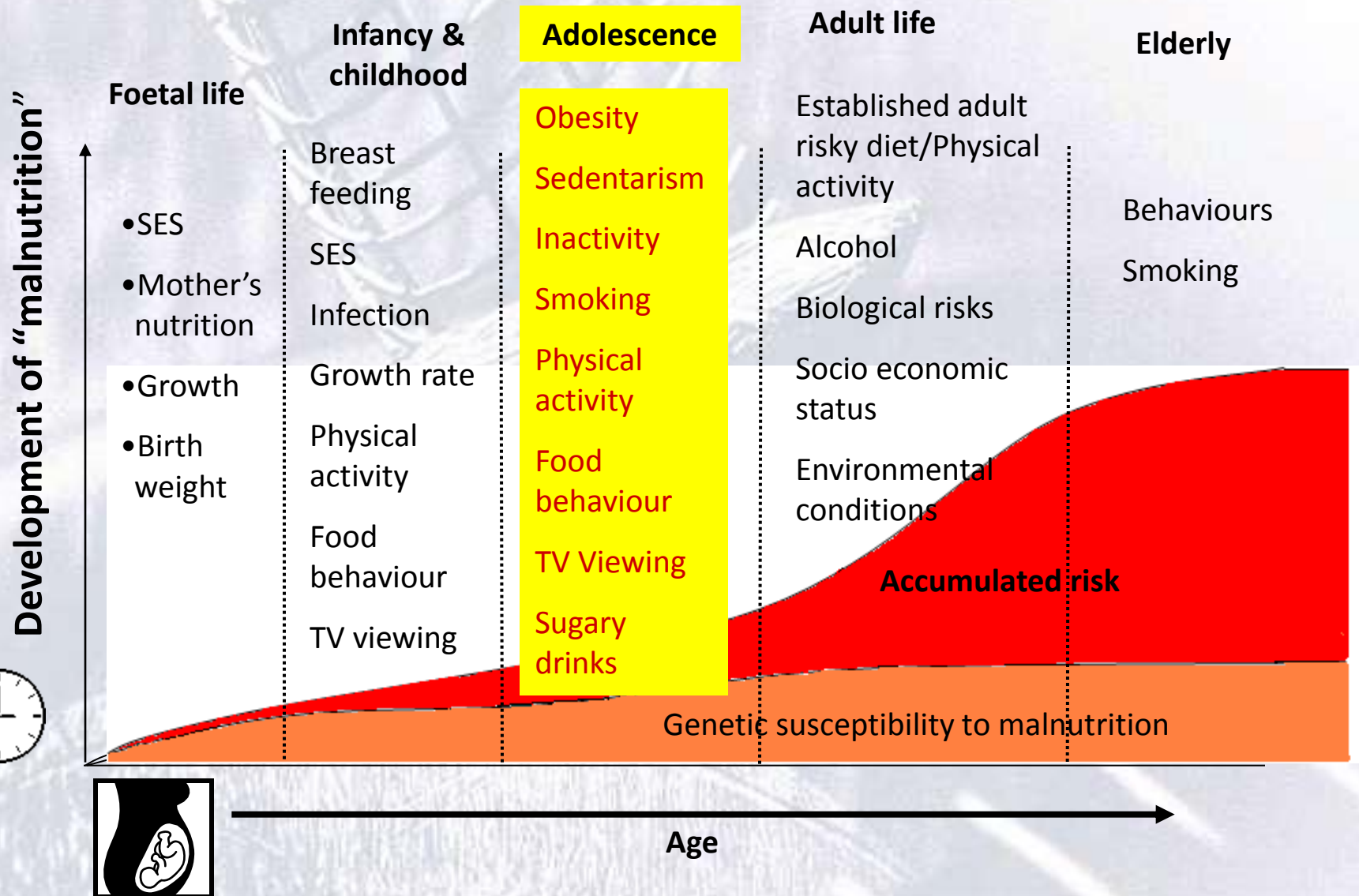




Nutrition

What has gone
before?

Nutrition for life long health



But our outside is changing faster than our insides can adapt!

- Changes and stresses are catching up with us- we cannot adapt/evolve fast enough to accommodate.
- We are soaking in a “pathogenic environment”
- The climate of our internal environment is changing




We are soaking in it!

- Water substitutes
- Energy dense food
- Refined white flour and sugar
- Healthy choice is hard
- Workplace restriction and mode of working
- Safety

Are we a no chewing,
chopping, chatting involved,
flip top society?





All people are not created equal and do not have the same potential

- Men are very different to women
- Can take up the same amount of space but be very different in fatness, health and fitness.

Myth

It does not matter what you eat as long as you exercise it off!

Fact

There is more to nutrition than calories.

It is not just about Energy in Energy out.

Fitness for life whatever size or shape.

Myth

Chronic diseases mainly affect the rich

Fact

People who are already poor are the most likely to suffer financially from chronic diseases, which often deepen poverty and damage long-term economic prospects.

Myth

Chronic disease mainly affects old people!

Fact

Almost one quarter of chronic disease deaths occur in people under 60y

Myth

What I do does not affect others. I am responsible for my own health

Fact

There are many factors in the environment that we cannot control on our own

On average a New Zealand person will have 7 years of disability in their lives - usually at the end.

Maori and Pacific live on average 7 years less than European in New Zealand

What can be changed?

- Personal
- Family
- Community
- Environment - food supply
- Political







Namaste

